

Nebraska Behavioral Risk Factor Surveillance System

Overweight and obesity among Nebraska adults, 2010

Figure 1: Weight status among Nebraska adults, 2010

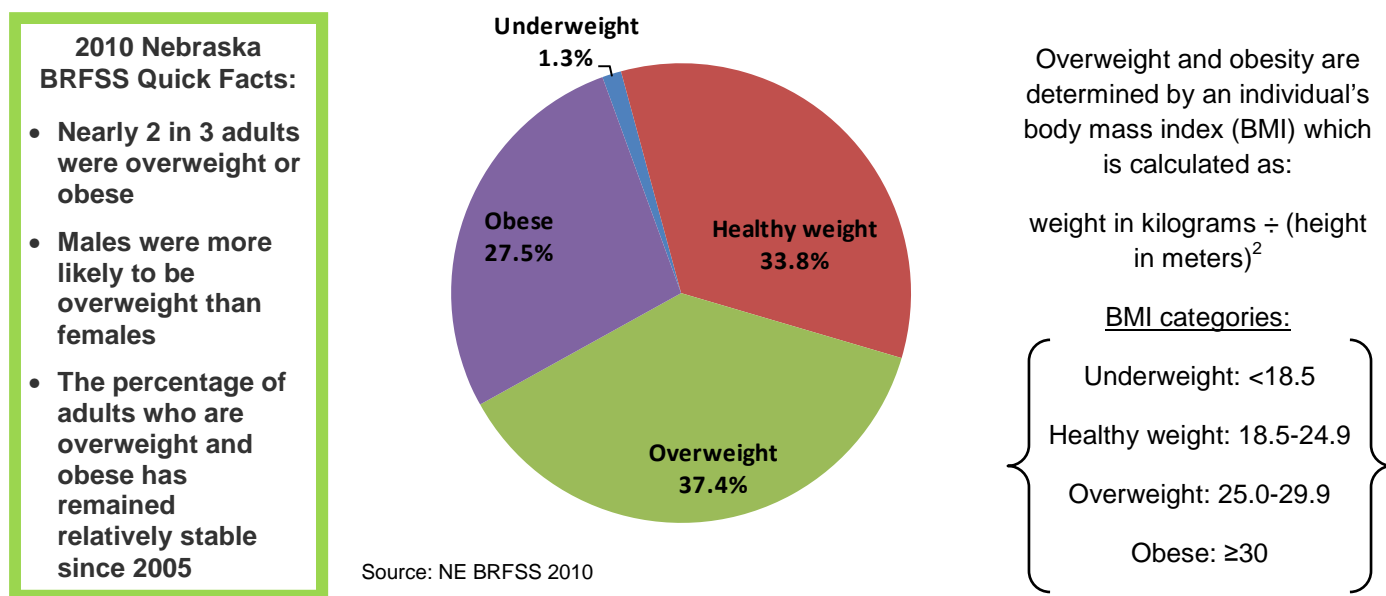
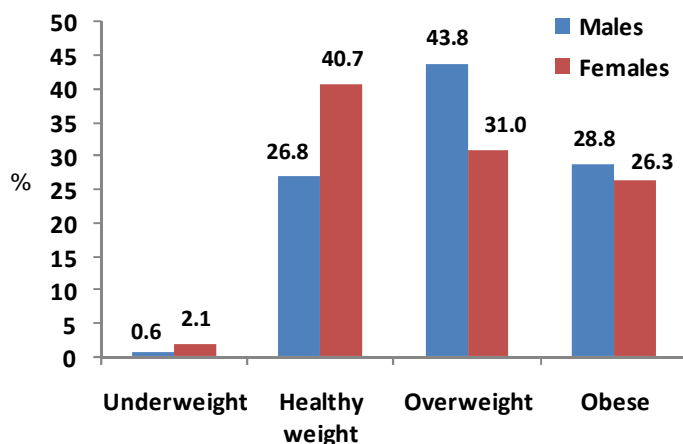
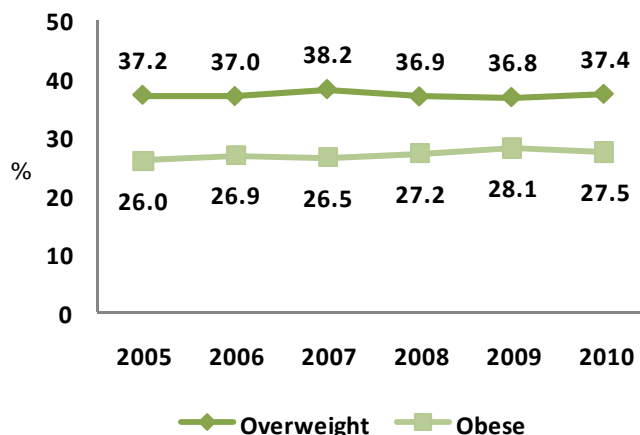


Figure 2: Weight status among Nebraska adults, by gender, 2010



Source: NE BRFSS 2010

Figure 3: Percentage of adults who were overweight or obese, by year, 2005-2010



Source: NE BRFSS 2005-2010

Steps to Achieving a Healthy Weight

1. Assess your body mass index using an online BMI calculator (available at www.cdc.gov/healthyweight/assessing)
2. If you are already at a healthy weight, prevent weight gain by:
 - choosing a healthy eating plan according to the *Dietary Guidelines for Americans* (available at www.cdc.gov/healthyweight/healthy_eating),
 - engaging in 150 minutes of moderate-intensity aerobic activity, or 75 minutes of vigorous-intensity aerobic activity, or an equivalent combination of the two, each week, and
 - weighing yourself on a regular basis and taking appropriate action if you notice significant weight gain
3. If you are overweight or obese, lose weight by:
 - reducing your caloric intake by 500—1000 calories per day to lose no more than 1 to 2 pounds per week, and
 - engaging in physical activity most days of the week (about 60—90 minutes at moderate intensity)



Overweight and obese individuals are at increased risk for many health conditions, including the following:

- Hypertension
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Osteoarthritis
- Sleep apnea
- Some cancers

Even a modest weight loss, such as 5-10 % of your total body weight, is likely to produce health benefits!

Interested in helping to create policies and environments to address obesity in your community?

Check out the Nebraska Physical Activity and Nutrition State Plan!

(Available July 2011 at www.partnersnhealth.org)

For more information about obesity prevention:

Nutrition and Activity for Health
301 Centennial Mall South, P.O. Box 95026
Lincoln, NE 68509-5026
Phone: 402-471-2101
Fax: 402-471-6446
Website: www.dhhs.ne.gov/nafh

Nutrition & Activity
FOR HEALTH
— PREVENTION WORKS

About the Nebraska Behavioral Risk Factor Surveillance System

The Nebraska Behavioral Risk Factor Surveillance System (BRFSS) has been conducting surveys annually since 1986 for the purpose of collecting data on the prevalence of major health risk factors among adults residing in the state. Information gathered in these surveys can be used to target health education and risk-reduction activities throughout the state in order to lower rates of premature death and disability.

The data presented in this report come from approximately 16,000 BRFSS landline telephone surveys conducted in Nebraska in 2010. Prevalence estimates are based on weighted data rather than raw numbers of responses to a question. The weights adjust for over- or under-sampling of age and gender groups.

To learn more about the Nebraska Behavioral Risk Factor Surveillance System, or to view additional reports, visit: www.dhhs.ne.gov/brfss